

What I claim as my invention is:

1. A calorie counting apparatus comprising
 - (a) a rectangular casing, the casing having a front side and a back side,
 - (b) a battery compartment incorporated into the casing,
 - (c) at least one battery located within the battery compartment,
 - (d) a visual display on the front side of the rectangular casing,
 - (e) a numerical keyboard on the front side of the rectangular casing, the keyboard including a plurality of individual keys representing each number from zero through nine,
 - (f) an "on" button for turning on power to the calorie counting apparatus, the "on" button located on the front side of the rectangular casing,
 - (g) an "off" button for turning off power to the calorie counting apparatus, the "off" button located on the front side of the rectangular casing,
 - (h) a protein intake button for inputting the amount of protein consumed by an individual, the protein intake button located on the front side of the rectangular casing,
 - (i) a carbohydrate intake button for inputting the amount of carbohydrate consumed by an individual, the carbohydrate intake button located on the front side of the rectangular casing,

- (j) a fat intake button for inputting the amount of fat consumed by an individual, the fat intake button located on the front side of the rectangular casing,
- (k) a clear button for clearing all data being stored within the calorie counting apparatus, the clear button located on the front side of the rectangular casing,
- (l) a calorie button for determining caloric intake based upon data previously inputted in the calorie counting apparatus via the protein intake button, carbohydrate intake button, and the fat intake button, the calorie button located on the front side of the rectangular casing,
- (m) an enter key for assisting a user in inputting data into the calorie counting apparatus, the enter key located on the front side of the rectangular casing,
- (n) a percentage button for determining percentages of caloric intake based upon data previously inputted in the calorie counting apparatus via the protein intake button, carbohydrate intake button, and the fat intake button, the percentage button located on the front side of the rectangular casing, and
- (o) a total button for totaling data previously inputted in the calorie counting apparatus via the protein intake button, carbohydrate intake button, and the fat intake button, the total button located on the front side of the rectangular casing.

2. A process for accumulating and storing numbers of calories consumed in a particular day comprising the steps of:
 - (a) determining the amount of protein consumed by weight measure for a particular food item or meal,
 - (b) determining the amount of carbohydrates consumed by weight measure for a particular food item or meal,
 - (c) determining the amount of fat consumed by weight measure for a particular food item or meal,
 - (d) converting the weights of each grouping of food into calories, and
 - (e) repeating steps a) through d) as each additional food item or meal is consumed in a particular day.
3. A process according to claim 2 wherein the process further comprises the step of displaying the daily cumulative calories consumed upon an action or input performed by an individual.
4. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day comprising the steps of:
 - (a) determining the amount of protein consumed for a particular food item or meal,
 - (b) determining the amount of carbohydrates consumed for a particular food item or meal,
 - (c) determining the amount of fat consumed for a particular food item or meal,

- (d) repeating steps a) through d) as each additional food item or meal is consumed in a particular day,
 - (e) calculating the percentage of type of food consumed as a percentage ratio of all food consumed in a particular day, and
 - (f) displaying the calculated percentage on a display.
5. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 4 wherein the percentage ratio would be calculated on a weight basis.
 6. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 5 wherein the particular type of food would be protein.
 7. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 5 wherein the particular type of food would be fat.
 8. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 5 wherein the particular type of food would be carbohydrates.
 9. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular

day according to claim 4 wherein the percentage ratio would be calculated on a caloric basis.

10. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 9 wherein the particular type of food would be protein.
11. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 9 wherein the particular type of food would be fat.
12. A process for accumulating, storing, and displaying the amount of type of food consumed as a percentage ratio of all food consumed in a particular day according to claim 9 wherein the particular type of food would be carbohydrates.